

Consequences and Shared Psychological Experiences of Female with Free Marital Relations

Zahra Karimi¹, Shokoh Navabinejad^{2*}

1. M.A of Family Counseling, Islamic Azad University, Science and Research Branch, Tehran, Iran.
2. Professor of counseling, Department of Counseling, Kharazmi University, Tehran, Iran.

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Abstract

Purpose: The main purpose of the present study was to gain a deeper insight into the common psychological consequences and experiences of girls with free marital relationships.

Methodology: The nature of the present issue was "qualitative" in terms of research time, measured in "quantities" research, and in terms of type, "descriptive phenomenology." Participants in the study included 12 girls with free marital relationships in Tehran who were selected by purposeful snowball sampling method. In this study, data collection was done through semi structured Interview (in-depth phenomenological interview). Data analysis was performed according to the Colaizzi approach (seven steps). Then, the main themes were extracted. The research findings were presented in two parts: descriptive and analytical findings.

Findings: The results of the research by employing grounded theory and content analysis showed that the common psychological areas led to the formation of free relationships among the girls, consisting of three main categories include psychological, conscious, and non-conscious factors. Their shared psychological experiences consisted of three main categories of emotional, affective, emotional, emotional and emotional experiences.

Conclusion: the common psychological consequences of the associations included the three main categories of short-, medium-, and long-term outcomes.

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* Corresponding author: navabinejad93@gmail.com

1. Introduction

The simplest element of human life is social action. Social action is a series of actions and movements that man performs in order to achieve a goal towards another human being (Parsamehr, 2015). Shabrina (2018), believes that human beings throughout their growth need to be connected to others for their survival and development, which is closely linked to health. In the meantime, marriage has always been endorsed as the most important and highest social custom to meet the emotional needs of individuals. Marriage is a complex, delicate and dynamic human relationship that has certain characteristics (Arrestee, 2018). Social relations theorists, including Maslow, regard the need for social relations as one of the basic needs of human beings. According to the theory of social similarity, most people are more likely to have social relationships with people who are more similar and harmonious with them. Rostosky (2004), in the theory of gender segregation, assumes that parents are more interested in relationships, so that parents spend more time laughing and responding to girls. As a result, biological differences and cultural expectations act in one direction. That is, girls' value face-to-face communication and boys' value violent and playful games (Greatness, 2014).

But the need to communicate with the opposite sex sometimes leads to relationships that are outside the norm of society and culture. Based on the available evidence, in recent years a high percentage of young people and adolescents in our country often communicate with one or more members of the opposite sex often secretly and without consent, the family having an emotional and sometimes more advanced relationship. Premarital relationships are a relatively warm, cordial, and mostly secret relationship that is created through secret meetings, exchanging letters, or making phone calls, chatting, and so on. In other words, the relationship between the opposite sexes or the relationship of two different people in sex and having sexual power (before marriage) is established in order to exchange love, intimacy, affection, love.... This content is exchanged between the parties through direct (verbal), indirect (telephone, global communication network, correspondence, etc.) and non-verbal (movements, physical contact, etc.) (Khalaji Abadi Farahani, 2013). Some believe that the spread of premarital sex was a product of the "sexual revolution" in the western 1960s (Legkauskas, 2009).

According to sociologists, the relationship between girl and boy can be divided into eight types according to the level of personality development, level of intelligence and cultural balance. Recognition-based relationships, Shame-based relationships, Aggression-based relationships, Covert relationships, excited relationships, Dry and restricted relationships, abnormal relationships and ultimately lonely extremes. The first type of relationship can be regarded as a healthy relationship, while other types are influenced by social attitudes, such as the control of extremist supervision based on some fanatical religious beliefs or extreme freedom of expression. Unity can be morbid and unbalanced (Parsamehr, 2015). Behavioral psychologists have suggested negative and harmful consequences for the opposite sex, including emotional and emotional disorders, concealing and distorting identities, jealousy, tendency to abuse drugs, Academic performance, committing a crime, dealing with family, and creating a climate of pessimism and suspicion after marriage to a spouse, etc. (Learner, 2016:). According to the theory of value of individuals, when judged by certain conditions, such as association with the opposite sex, by socially dominant values embodied by religion, culture or custom, they can judge it Processed (Camp, 2007: 260).

According to this theory, Lor (1976), in the theory of friendship patterns, girls view friendships as deeply personal relationships. Boys tend to look at friendship as a tool. When boys are with girls, they are involved in "symbol-feminine" friendship patterns, but girls do not engage in "symbol-masculine" friendship patterns with their boyfriend. So boys may find it difficult to forge intimate friendships, and they need a more experienced girlfriend. Because boys do not learn the verbal and communicative skills that girls learn, boys who are traditionally less masculine and more bisexual probably exhibit more flexible friendship patterns. But it doesn't matter to girls whether they are traditionally feminine or bisexual. Their friendships are close and sincere (Parsamehr, 2015). From the religious and Islamic point of view, one of the most

important ethical norms of an Islamic society is to regulate the relations between girls and boys on the proper basis, and the most humane act to regulate these relationships is to marry, and premarital relationships are permissible. That the girl and the boy get to know each other for marriage (not friendship). So young couples should start living together with an open vision and a thorough understanding of each other's talents and ethical and cultural traits, so that they can overcome the difficulties of living together with their partners (Ahmadi, 2012).

Concerning the effects of these relationships on different aspects of marriage, significant results have been obtained. Premarital relationships are associated with increasing marriage age and desire for marriage (Khalaji Abadi Farahani, 2013). Having advanced relationships before marriage affects the likelihood of divorce (Behrooz, et al, 2014). The results of aeronautical research (1977) and Aghabiklooei, et al (2001) show that one of the most important factors preventing inappropriate communication with the opposite sex is attending to parents' opinions and their support; Premarital marriage, reinforced by a nostalgic sense, has had consequences such as regret, comparison and sexual diversity, family differences, apathy, and lack of commitment to married life. The results of Kareem's research (2016) showed that the history of premarital relationships is associated with emotional infidelity, sexual infidelity, and emotional infidelity. The results of Navabinejad and Mousavi's research (2007) showed that marital conflicts in students who had relationship before marriage were less than those who did not have relationship and the difference between the two groups was significant.

Western scholars have also examined the effects of premarital relationships on different aspects of cohabitation, although in most Western societies, having premarital relationships is more common than in Muslim societies, and therefore, most studies on all Home-focused. Various studies have shown that cohabitation - associated with premarital sex - increases the risk of dissolution of marital life (Hoffman & Mariott, 2006). Homosexual marriages increase the risk of divorce by more than 50% compared to non-homosexual marriages. There is also evidence that premarital intercourse is associated with an increased risk of marital dissolution (Hayes, et al, 2004). Ogilvie (2005), in their research, showed that co-housewives experience lower marital quality than non-housewives. A national survey in the United States in 1988 showed that couples who were married before marriage had less commitment to the marriage institution.

Also, according to research (Kennedy & Bumps, 2011), the relationship between housewives is less likely to end in marriage and possibly to end with separation. The results of the research by Gracia (2018) show that biological factors (nutrition and physical physics), premarital sex, economic and family issues have contributed to this condition. Lerner and Benson's (2016) results indicated that much of the growth, development, and prosperity of any individual would depend on having a healthy relationship with the opposite sex; Silva and Ross (2014) concluded in their research that creating a good relationship between mother and daughter acts as a shield against the early onset of these relationships in adolescent girls. The results of Rostowski's (2012) study suggest that religiosity delays the first sex width and among those who have a higher religiosity score; research results by Blesk and Buss (2001) have shown that men's motivation for acquaintance and The beginning of such relationships is sexual desire and women are motivated to seek support and physical care for themselves.

The need to have sex with the opposite sex, like other needs, needs to be answered, not suppressed, and must be answered in a healthy, appropriate manner and with due regard. In other words, it is not possible for the members of a society to make thick slides between them and separate them, but rather to present a healthy communication plan (Ghani & Nordin, 2014).

Although most scientific evidence indicates the negative effects of these relationships on their marriage and future, and in some ways girls can be the primary victims of free marital relationships on psychological grounds, the gap seems to be on the decline. Further scientific research on the lack of qualitative research in this area results from the lack of examination of the phenomenon by the viewer's themselves and of cultural

considerations, and given the recognition of the experiences and psychological consequences of free marital relations of girls before marriage. And the most important step is to help solve the problem, so gathering information and analyzing it is a crucial step, Iodine, so it is important in the study of the psychological consequences and shared experiences with relationships before marriage are the girls? Accordingly, the following objectives were drawn for this study: 1) Gaining a deep insight into the common psychological contexts leading to the formation of free marital relationships for girls. 2) To gain a deeper insight into the common psychological experiences of girls with free marital relationships. 3) Get a deeper insight into the consequences of free marriage before marriage from the girls' point of view.

2. Methodology

The nature of the present issue is 'qualitative' in terms of research time and in terms of measurement in 'qualitative' research. The present study is also 'descriptive phenomenological'. Participants in the study included all girls with free marital relationships in Tehran. Purposeful selection was used to select participants in this study. According to this method, the criterion for selecting participants is girls who have not married before, experience the phenomenon under investigation (free prenatal relationships) and are also willing to provide real-life experiences on the subject of study. People tried to be selected from different social and cultural levels. The selection did not include age and education restrictions when interviewing for better and more accurate results. The selection of participants and their number also depended on the persuasive sense of the researcher, which was identified during the interviews. The researcher's persuasion criterion depends on finding out that interviews are not a new topic. Accordingly, 12 girls with free marital relations were selected in Tehran. The method of access to the participants in this study is the "snowball method". In that way, after identifying or selecting the first participant, it was used or assisted to identify and select the second participant. Similarly, other participants were identified and selected. In the present study, to collect research literature information, backgrounds and theories from books and resources available in libraries, review of research theses in universities, as well as updated articles from journals and cyberspace (Of course, valid sites). Interview tool (in-depth phenomenological interview) was used to collect field data. Data analysis was conducted by a respected researcher and esteemed researcher and this helped to validate the data. Data were analyzed according to Colaizzi approach. Then, the main themes were extracted. The data analysis method based on Colaizzi's model consisted of seven steps: 1) review of information; 2) extracting important sentences; 3) formulating meanings; 4) placing formulated meanings into categories and form themes. (Themes) within different categories; 5) Provide a concise narrative description; 6) Return to validate; and 7) Return to determine traceability. Quadratic criteria attributed to Gaba and Lincoln (1985) were used to validate the findings. These experts refer to the four criteria in qualitative research as "reliability": 1) reliability; 2) portability; 3) reliability; and 4) verifiability. In order to observe the research ethics, permission was obtained from the University Research Council and the consent of the students and their personal identity was protected.

3. Findings

What are the common psychological areas that lead to the formation of free marital relationships for girls? The opposite sex starts with different backgrounds and motivations. In other words, the desire to start a relationship with the opposite sex and get to know her is not something that will happen all the time and every person is going to start something new in their life with the intention, background or motivation. The following is mentioned:

A) Areas of consciousness

The motivations or contexts for starting a relationship are sometimes fully informed and selective. That is, in the first place, the person attributes his or her desire or reason for starting a relationship and is

fully aware of it. However, before embarking on these themes, it should be acknowledged that in most cases only one reason or motivation or context does not initiate the relationship and that there may be two or more reasons together that the researcher has dealt with separately. Sometimes the main reason for starting your relationship is "emptying" or "starting new emotional", "expressing emotions" with "curiosity". {Code 6}: "My relationship was at the age of 22 and I was a pre-school student and I had a close friend who used to go into the car at times." Sometimes the motivation for starting a relationship is to "know more" or "gain experience." If the girl's interest in starting to get to know a particular person enters the realm of cognition, the girl tries to figure out who she is, or what she feels better about, as a boy and what ethics or behavioral characteristics, character, feeling, and so on. Sometimes this aspect of cognition goes into a more general context, and its scope encompasses the knowledge of the opposite sex world. Code 11}: "I wanted to know what men are going to do with their future spouse. I thought I would be more successful if I got married later." {Code 12}: "We were two sisters and had no brother; I always wanted to understand the world of boys, I really wished to be in their world even though it was unknown to me."

Sometimes the relationship begins with the field of "self-proof". Sometimes a girl wants to prove herself to her "favorite boy" and show how much she can love and love when the relationship begins. Sometimes a girl intends to compete with her "peers" and show them that I am capable of attracting a boyfriend or being loved and loved. Sometimes a girl wants to show this ability to the "important others" of her life. Other important people can be a father, mother, siblings, family, friends, acquaintances, relatives or anyone whose opinion or view is important to them. Sometimes a girl wants to prove herself to herself. How attractive she is and how much she can attract the love, emotions and emotions of a boy.

{Code 1}: "I went through a lot of it myself. I realized at some point it wasn't my job and it wasn't my job at all. Well, I was just a friend, but on the other hand I thought it was an opportunity to prove myself. I was trying to deal with this gentleman myself. I had the illusion of trying to prove myself. "{Code 9}: "I used to say to my imagination that I was saved by a fraudulent person and if I could marry this doctor, it would be an honor for you and my family and my friends and for your engagement. I'll be covered too. " {Code 7}: "There was a boy that many girls liked to be friends with and I was very happy that he chose the menu from all the girls and was very enthusiastic about myself and I thought to myself that everyone wanted him but he wanted me. " Sometimes this connection is shaped by the "dream come true" motive. The dream and the notion of marriage "marry" the "boy-lover" who brings him to happiness, and is "blessed" with a simple life. {Code 4}: "I had opened up the marriage as a method of accounting, and I was quietly saying that it was okay now that it was one time, and it would not be repeated. " I thought the boys wouldn't marry a girl until she got married, if it wasn't, and my mind was wrong." Table 1 shows the conversion of concepts into subcategories of conscious contexts:

Table1. Convert concepts into subcategories of conscious backgrounds

row	Concepts	Repetition Number	Sub categories	main category
1	New excitement Emotion drains Emotions Curiosity	7 times	Excitement	conscious Fields
2	more identification Gain experience earn skill	6 times	Gain experience	
3	Proof to yourself Proof of the opposite sex Compete with peers Proving important to others Imagine marriage Romantic imagination	9 times	Proving yourself	

	Imagine happiness		
	Imagine marriage		
4	Romantic imagination	12 times	Dreams come true
	Imagine happiness		

B) Semi-conscious backgrounds

There are some contexts in the human pronoun that he is not fully aware of, but he has already consciously touched, enjoyed or suffered, and is now somewhat forgotten. Sometimes, however, they are recalled again in their lonely solitude or when they are challenged and after a reason to challenge it. But sometimes it happens that after a long time they are completely forgotten. The beginning of the girl-boy relationship also sometimes comes from the areas mentioned. Like the "revenge" motive, which in the first place does not remind the girl of the reason for starting her relationship, and is often attributed to vigilant motives, but after a good while of thinking about her work; it turns out that revenge has also been one of them. Revenge can come in two forms: "revenge on you" or "revenge on important people". As mentioned before, these important others can be former partners, friends, father, mother, first and second degree relatives and even three, specific social groups with whom one is related, and so on.

{Code 1} "I didn't like the look until I went out shopping, but I said Kachi was better than nothing and on the other hand I had a strong sense in his suggestion that he wanted me except Ali." Sometimes the relationship with the opposite sex is motivated by "compensation". The most common is the "previous unpleasant environment compensation" sometimes referred to by participants as "escape". "Compensation for previous failures due to a relationship" is another way that a person seeks compensation for a failure in his previous relationship and tries to somehow deal with a new relationship; bitter past experiences, to eliminate it. "Compensation alone" is another type of context. Depending on the present conditions of his life and the loneliness he is now given, the individual seeks compensation, and half-consciously, the solution of getting out of these situations is to start a relationship with the opposite sex. Don't know.

{Code 1}: "I was kind of scared to be alone and to lose all the fun and fun I had. I was so scared that I wasn't ready to do whatever it was that I was doing, and not always get upset, and always play a role. {Code 6} "I wanted to have a house for myself whenever I wanted to wake up and sleep and eat whatever I wanted." "Elasticity" or so-called "absorption" is another type of semi-conscious context. A person is attracted to the opposite sex for a specific reason and seeks to attract him or her. It looks like he is getting some energy from him that he has not experienced yet. "Sexual tension" is a common type of it. In this case, depending on the gender, the person enjoys being in the opposite sex, touching her, caressing her, in a love-playing way with her, and sometimes this relationship is half-conscious in order to satisfy her sexual instinct. Is formed. In other words, the girl prefers to have sex with her partner, despite knowing that she has a free relationship with a unmarried boy - in a society like ours. Most of the time, this motivation does not arise in the first encounter with the opposite sex, and can be achieved in the near future if there is a multiplicity of relationships or a previous sexual experience or through the hopelessness of marriage. "Apparent stretching" is another type of it. In this case, one considers the apparent beauty or limb of the person as the reason for the tendency to befriend the opposite sex. Personality traction is also caused by the partner's personality and behavior; Kindness, kindness, brilliance, excitement, calmness, and so on are all kinds of stretches. "Situational stretching" is also very common in modern times. The person thinks about the relationship because of their job or financial position of the opposite sex.

{Code 1} "In my mind it was like a singer I really liked, it was really like a spectacle." {Code 11}: "They were socially high, and that was the appearance. I thought she was mature and she was wearing a suit and pants and was writing pens and writing poetry. I liked it a lot. "Table 2 shows the conversion of concepts into subcategories of semi-conscious contexts:

Table2. Convert concepts into subcategories of semi-conscious contexts

row	Concepts	Repetition Number	Sub categories	main category
1	New excitement Emotion drains Emotions Curiosity	7 times	Excitement	conscious Fields
2	more identification Gain experience earn skill	6 times	Gain experience	
3	Proof to yourself Proof of the opposite sex Compete with peers Proving important to others Imagine marriage Romantic imagination Imagine happiness	9 times	Proving yourself	
4	Imagine marriage Romantic imagination Imagine happiness	12 times	Dreams come true	

B) Non-existent areas

Sometimes some of the previously suppressed desires and desires of a person are now turned into grounds for rapport and friendship. In this case the person is not aware of the cause of the relationship and relates it to the conscious and then to the semi-conscious. Complexity is one of the few areas of the opposite sex. Like the "love affair". A girl who needed the love of her parents, including her father, as a child, was disenfranchised for various reasons, such as divorce, parental addiction, parental occupation or beliefs, and now, He demands it from his opposite sex. The "wealth complex" is one of them. The person has spent all his childhood in poverty and poverty, and as a young man seeking to dissolve this complex, it is possible to communicate in any way with a rich person.

{Code 2}: "I have a religious mother. I mean she is a moral woman. My mother was always hijacked and prayed, but my father was not in such a relationship. I saw my father's betrayals. "If my dad had a good emotional relationship with me, it wouldn't have happened. I would have blamed him." "Vacuum" or "deficiency" is another type of non-existent context. Like "vacuum" in which the girl in this case lacks self-esteem, self-esteem or self-esteem, and then fills her with friendship and a relationship with the person she is feeling, in the so-called context It is full, it returns. In the 'vacuum of important others', one is deprived of his or her role as a parent in one's life at some point in their lives, and of friendship with the opposite sex, imitating them, filling their vacancy. Find out. The "patron vacuum" also comes about because of the lack of a protective role in life. Sometimes parents and elders find happiness in the girl's life, but none play the role of a patron, a loner, a compassionate and a nod to her. Thus, he "joins in" with this shortcoming and seeks to share his problems with his partner. {Code 5}: "Loneliness and loneliness were choking me. Nobody understood me, they didn't even help me. I wanted to be the one to get me in the car and turn around to laugh and be OK. " {Code 6}: "I didn't have a good relationship with anyone in the house. My older sister went to work late at night and I was alone at home and the rest of the kids were younger than me." Table 3 shows the conversion of concepts into subcategories of non-existent contexts:

Table3. Convert concepts into subcategories of non-existent contexts

row	Concepts	Repetition Number	Sub categories	main category
1	Love Complex Wealth Complex	9 times	Complex	conscious Fields
2	Vacuum of breath Vacuum others important Patron vacuum	12 times	Gain experience	

* What are the common psychological experiences of girls having free relationships before marriage? The girl and the boy experience specific psychological experiences as soon as the relationship begins. Some of them are sweet and hearty, and some are bitter. The context or motivation of friendship has a great impact on the experiences gained from friendship. If the motivation for starting the relationship is consistent with the results of the relationship, then the type of relationship will lead to pleasant experiences, and vice versa. However, this section deals with the common psychological experiences of girls with pre-marriage free relationships in three main categories: emotional and emotional experiences, mental and cognitive experiences, and emotional and emotional experiences.

A) Mood and emotional experiences

In the event of the formation and continuation of friendship, sometime after attachment will be the first psychological experience of the relationship. During this time, "interest" is formed and two people pay special attention to each other's interests and try to overthrow each other's moods and thoughts and meet each other's needs. As a result, the longer continuity of the "dependency" relationship occurs. In boy-girl relationships and this kind of friendships, people make all their emotions so nasty that after a while, the idea is created that no one can make her happy enough. And love him and not marry anyone other than the one he loves so much in the future. However, this emotional relationship between the boy and the girl is only one form of attachment that is naturally formed. The type of this dependency may vary in different relationships. Sometimes dependency is expressed as "emotional". In a way - one wants to know about his partner, to know the pains and problems of his moment and to share with him the moment of normal and emotional life of his friend; in the same way he demands his partner. Don't. Of course, this attachment can also become "morbid", in spite of Partner's great suffering and affliction, and continues to be emotionally attached to him and to create painful moments for him. Dependency can be "financial", which means, through excessive financial backing, Partner finds it impossible to separate the girl from her. At times, this dependency is expressed as "supportive". This means that the girl feels that, if separated from her boyfriend, she has lost a great supporter in her life and that she should somehow have him.

{Code 4} "Whenever a dependency arises, no matter how much you make a mistake you will continue to do so." {Code 9}: "I was emotionally attached to him and loved and jealous of him." "Isolation" is another experience that shapes one's mood and spirit. He likes to spend most of his time with his friend and devotes much of his energy to his relationship. Think more of him in his privacy and spend the day at his side or with his imagination. Even this isolation, despite the breakdown in the relationship or the bad process of the relationship, is still with the person. {Code 7}: "It could be said that when I was with her I didn't even need my girlfriends, and that made me feel less in touch with those around me." Table 4 shows the conversion of concepts into subcategories of emotional and emotional experiences:

Table4. Transforming concepts into subcategories of emotional and emotional experiences

row	Concepts	Repetition Number	Sub categories	main category
1	Interest Attachment	7 times	Attachment	
2	emotional dependency Morbid dependence Financial dependency Supportive dependency	6 times	dependency	conscious Fields
3	Isolationism Loneliness	9 times	Isolationism	

B) Practical experiences

Starting a relationship with the opposite sex will be accompanied by actionable experiences. On the one hand, this will be the effect of his "thought and mind". "Intellectual confusion" is the first experience he encounters. The girl doesn't know what works best right now. What is needed to improve the relationship?

What is the best reaction to her boyfriend's behavior? At times, it can also cause "intellectual conflict". When the partner asks her out and she is hesitant to do or refuse to do so. "Dreaming" is another experience that usually occurs after the first girl's relationship with the opposite sex begins. With thousands of hopes and wishes, after expressing his love for the boy, he brings his thought to the so-called nowhere and embarks on a dreaming dream. "Rumination" is another experience that sometimes happens when dreams do not come true, multiple thoughts, like the mind, engulf his mind and encompass his whole life; The constant bond of friendship goes through his mind, and he gets involved day and night with his life and mind.

{Code 7} "I convinced myself why he did this to me and revealed all the secrets of being with us and taking away my reputation." {Code 8} "I wished for myself to go out and travel to my house and build a house of wishes for myself. I would ask myself why I didn't behave wisely, why I fell on my feet and have sex with it, and a thousand times why I came to my mind and went about why I was small and always blaming myself for being too naughty. And I had all the negative thoughts, and I hated myself for a month and more and for a while, ruining my chastity. "Another psychological experience is affecting "cognitive" issues. "Doubt" is one of these. The post-girl questioned for a while whether this relationship was right or not. Wondering whether this relationship will meet his wishes or not? Will this relationship continue to produce results or not? Even after the period of dependency has come, and certainly after the beginning of the first "doubt" sex, A girl who watches for love and affection will feel betrayed when she finds out that her boyfriend has no more love for her after her first sexual experience with her. Doubt it was right. Doubt that my partner has another sex partner? Did he want me to do this? Even wondering where my partner is now and what he does? At this moment "expectations" are taking shape, in other words the expectations are growing. In most cases, these expectations become irrational. Girls may also feel "remorseful" after sex, and they are more vulnerable than boys. Research shows a gender difference in this area. Women tend to have sex to enhance their intimacy and enhance intimacy, while men often do so for pleasure. Sometimes they go too far in this case and "accuse themselves or others of importance". In their minds, the courts set up the trial; they take on all the roles of the court, the judge, the accused, the plaintiff, the defense counsel, the interrogator, and so on. Sometimes he denies the facts of his life. Sometimes he makes "excuses"; logically or unreasonably justifies his work and his partner during the relationship; sometimes he goes on "scamming" and sometimes what is unpleasant to him and a friend. It does not have to make it enjoyable by "distorting reality".

{Code 9}: "I used to say that I was not satisfied with myself. That's not how a reasonable person should think, and that he had the right to see his neighbors get bad, and I was always convinced not to think badly. It was here that I got really bad feelings and wondered why I had been ill for 8 months and wanted to keep it up, but it was too late. I was telling myself I was a dirty man who did it, and I lost my girlfriend, my girlfriend and everything. "{Code 10}: "Then he got a little cold and didn't take responsibility for it. He even insulted me that it was a dark night. I didn't know how easy it was to insult him." Table 5 shows the conversion of concepts into subcategories of action experiences.

Table5. Transforming concepts into sub-categories of the core of practical experiences

row	Concepts	Repetition Number	Sub categories	main category
1	Intellectual confusion Intellectual conflict daydreaming Rumination	12 times	Intellectual and mental experiences	Applied experiences
2	Doubt and doubt To expect Regret Blaming yourself and others important	12 times	Cognitive experiences	

Denial and Reasoning
 Trafficking
 Distorting the reality

C) Emotional and affectional experiences

For humans, sex is more than just body. It is the emotional dimension of sex that makes it so special to humans. All of our human beings (mind, body and emotion) are involved in sex. That is why sexual intimacy has very powerful emotional consequences. Establishing "emotional and emotional" relationships with the boy's daughter, especially in adolescence, often leads to "depression" and "frustration" as she often does not marry. A girl, who is interested in a boy just because he thinks they are just for one another, even gives him up to her, but after the boy's carelessness, he is deeply frustrated. And the depression gets worse, and the confidence of the other person will be stripped of the profits that have been associated with it. In friendships between boys and girls, as there is very strong resistance on the part of parents or the community to prevent these friendships, there are also other psychological experiences such as anxiety and anxiety. "Fear of revealing the truth" about threats that the boy may make to reveal his relationship with the girl, and "fear" of blaming important others or unwanted pregnancies due to free relationships and illnesses, from this relationship, there is an internal conflict and constant anxiety. Thus, the existence of such anxieties and anxieties that sometimes cause irreparable damage to the human body and psyche is one of the serious damages to such relationships. Some early emotional experiences, such as "feeling sorry" and emotional experiences such as "anger," "despair," and "shame," are getting more attention these days. {Code 3}: "They are very scared of me. I thought I had a bad illness. I was so depressed and upset. On the other hand, when I saw my dad, I would feel sorry for them and be ashamed of them. "{Code 7}: "He must have gone there and said what a disgrace he wanted me to be. And it couldn't maintain the important boundaries of friendship and trust. "

Free relationships before marriage will also lead to the experience of some other emotions and emotions, of course, under certain circumstances. There are also experiences such as "feeling guilty" and "feeling guilty". Our conscience is part of our personality that recognizes what is wrong and helps us make better choices. In today's relaxed sexual environment, many young people find behaviors "abnormal" that are grossly inaccurate. Suffering is a form of remorse; a strong sense of doing something morally wrong. Conscious punishment can be a healthy moral experience, if it is seen as a sign that your consciousness is alive and the reason for refusing to do it again in the future. There is no doubt that we live in a religious community where the majority of people are influenced and respected by religious and moral teachings. Although every person may not have accurate information about the first few years of life and some of the religious orders, he or she unconsciously and gradually becomes aware of many of the ethical and social norms of the religious community. Expressing affection and developing a friendship with the opposite sex is one of the behaviors that religious society and values do not like and disregard, and if little attention is paid to religious texts and the words of religious leaders, it becomes clear that Relationship with the opposite sex has specific frameworks and laws and is not free and unrestricted (as it is pervasive in secular societies and is regarded as a value); Is negative, and everyone, especially young people who are at the height of their sexual instincts, this torment of conscience and guilt, while the opposite sex after the relationship of emotional and emotional response is different than before. To illustrate, the girl immediately suspects that she may have been abused or abused, in which case other emotional experiences such as a sense of "stupidity", "emptiness", "abandonment" and "sacrifice" may be involved, to be with him, too. Feeling "alienated" and "lacking" is the loss of virginity that other emotional experiences sometimes occur.

{Code 1} "My attitude towards men has changed, I feel abused, I think because I have a relationship with it and I have no virginity no one wants me anymore and if anyone finds out I won't even get my place. Abuse. "{Code 11}: "Wish time would go back! I wish I was among my parents as a family member. I wish I had little thought of my future life when I was given the grounds to establish an illicit relationship, and that

would not be the end of the line. "Table 6 shows the conversion of concepts into subcategories of emotional and emotional experiences:

Table6. Transforming concepts into subcategories of emotional and emotional experiences

row	Concepts	Repetition Number	Sub categories	main category
1	Depression and frustration Anxiety and anxiety Regret Fear of revealing the truth Fear of Blame Fear of unwanted pregnancy Fear of illness Anger, despair and shame	12 times	Constant emotional and emotional experiences	conscious Fields
2	alienation Feel guilty feel guilty a lack of Feeling stupid Sense of emptiness Feeling abandoned The feeling of being a victim	12 times	Emotional and emotional experiences in specific situations	

Certainly the experience of free marital relations before marriage is not without consequences. These consequences are different for different people. Some of the consequences are emotional and short-lived, but they are nevertheless serious. Some of them happen over time and in the aftermath of past consequences, while others are longer lasting and even lead to people getting married and having children. Many of these psychological consequences are difficult to imagine until one experience it. In all cases, the emotional effects of sexual experiences should not be taken lightly. Thinking for a moment reminds us that emotional problems can have devastating effects on people's ability to lead a happy and productive life. However, this section deals with the common psychological consequences of girls having free marital relations in the three main categories: short-term outcomes, mid-term outcomes, and long-term outcomes.

Short-term consequences

Girls and boys who have sex with someone of the opposite sex are harmed in many ways. Injuries although it affects girls and boys, it is more common for girls. {Code 5}: "I had lost everything I had the honor and the honor to have, as my friends said. I used to be a religious girl and a Qur'an and a believer, but after my defeat I found out a lot and it didn't make sense to me to even wear a veil. I lost my confidence, I don't believe in anything, even my own decisions. " {Code 7}: "I wish I was trying to keep the secrets of our friendship and it wouldn't hurt me. I was so hurt by this behavior and I was annoyed, that's why my friends went away. ». Another psychological consequence is "selfishness". That is, through this friendship, the girl loses her sensitivity to some of the issues and events she had never encountered before or had a specific and different reaction; It treats all situations in the same way. Now this anger can be attributed to the "positive things in the relationship" or the "negative things in the relationship". The high rate of "break-up" in the long-term relationship with the opposite sex before marriage results in a negative relationship with the negative consequences of the breakdown of emotional relationships, which reduces the amount of emotional reactions (such as sadness and anxiety). Crying) seeks to cut off a close emotional relationship with a person. In other words, whenever a person is repeatedly exposed to a stimulus or event, he or she reaches the point where the stimulus or event no longer produces a significant response and is effectively neutralized. Therefore, breaking off close sexual relationships with the opposite sex, when repeated, also reduces the negative emotional reactions (which usually occur when separating from the loved one) and

causes Separation is not so difficult and stressful for the person experiencing it. This means that people with such anger can benefit from divorce as a less expensive way to solve their problem when they have problems in their marriage after marriage. Anyone who has had less emotional breakdowns will have little or no emotional problems.

{Code 6}: "She hugged me and kissed me and I was touched and I liked her at the time and that made me used to it." Every choice we make in life affects our "personality" and makes it worse or better. Good choices make our personality stronger, and it shapes our bad choices. Getting to know the opposite sex and then having sex with her can trigger specific changes in the girl's personality. Sometimes it promotes 'self-esteem', 'self-esteem', 'self-esteem' and 'self-esteem', and sometimes it can lead to personality corruption by forcing people to lie. {Code 2} "He was a very narcissistic person, and it made me realize that I was lowering my level to stay this way. It was destroying me all the time, and it was a man who was always looking down from above, that was, he was powdering all the people. I knew I was doing this, maybe someone might not understand what humiliation meant, but I felt humiliated and headed for it. I always used to tell me how much my hair was hating and I was going to dry my hair so much that it was smooth. "Table 7 shows the conversion of concepts into subcategories of short-term psychological consequences:

Table7. Transforming concepts into subcategories of short-term psychological consequences

row	Concepts	Repetition Number	Sub categories	main category
1	Mental Injury (Nightmares, Acute Depression, Common Mental Illness) Social harm (loss of social status, loss of social personality) Educational Injury (Academic Failure, Talent Suppression, Waste of Time) Spiritual Injury (moral fall, infected soul) Physical Injury (STDs, Unwanted Pregnancy, Abortion)	12 times	Injury	conscious Fields
2	more identification Gain experience earn skill	8 times	Cheer	
3	Proof to yourself Proof of the opposite sex Compete with peers Proving important to others Imagine marriage Romantic imagination Imagine happiness	12 times	Affecting personality	

B) Medium term outcomes

As mentioned earlier, some outcomes are caused by short-term psychological effects with some time lag; each person varying in severity and severity depending on the severity of the injury. They do. For example, the experience of free marital relations may lead to "reinforcement of maladaptive schemas". "Distrust" is the most common. Young people, who feel that they have been abused or betrayed after their relationship is disrupted, will have trouble trusting their future relationships. They don't want to hit again. On the other hand, the rising incidence of the process of "disconnecting" the emotional bond with the opposite sex before marriage results in the mental recognition that "all emotional relationships will come to an end sooner or later." This means that those who have a lot of experience with the opposite sex and have experienced multiple breakups, along with the potential for separation and divorce, have negative expectations and attitudes. And this will cause them to be distrustful of the future of their relationship with their spouse and of the stability and continuity of their marital life, which can in turn lead to their future relationship with their spouse. Turbulent In fact, these individuals are taught that they should not have

much confidence in the stability of their relationship in marital life, and that knowledge can turn itself into a disruptive and destructive factor in the marriage.

{Code 5}: "I don't trust and everybody comes to me thinking I think I love you. After that I became friends with a few people and they told me you were so pure and of definitions that I didn't believe anyone. I don't, but I love to hear. "I no longer trust any man. I think men are very abusive because they ruined 99 percent of the offers I had, whether for marriage or for friendship, with single women." {Code 6}: "My faith was damaged both physically and mentally and my confidence and morals changed." The second medium-term consequence of premarital sex occurs when the person has no commitment in the premarital relationship. Commitment to marriage and family is one of the foundations of marital life. If a man or woman has no commitment in their marital life, while non-commitment is itself a destructive factor, this behavior can be perceived by his spouse and affect his behaviors and his commitment to marital life. In fact, what is called "revenge by nature or the day" in our culture can be the result of the reaction that one couple makes after taking another commitment to take revenge on them. They show themselves or their partner or lack of reason to commit to an unmarried spouse, a time when purity has become an art! Not far from mind. Another consequence of non-compliance is "multiple sexual relations". The girl, wandering from an unhappy relationship with a mountain of despair, puts the story of her life in the proverbial "water that has passed, whether or not." He unknowingly puts himself in the hands of fate and clings to any rotten rope. In his so-called Hepworth's world, the astonished communicates with anyone who comes close to him, this time being his only motive for remembering the bitter memories of the past, taking revenge on himself or his previous sexual partner. Occasionally, the loss of self-esteem after untrustworthy sex drives a person toward untrustworthy sex.

{Code 10}: "One day I was tired of everything and I came to myself. When I came to myself when I had lost everything, I became acquainted with one another and became friends with him and our friendship changed. She came to realize that I had no virginity and she abused me and promised to marry me. " The third negative consequence of the medium term is risky behaviors. The most common is "attempted suicide or suicide". "Drug addiction and addiction" is one of the consequences that is so common after the bitter experience of love failure. The next rare case, usually associated with instantaneous madness, is the attempted murder of his partner for revenge. {Code 11}: "He started sending me pictures again with the girl, she knew what my weakness was and was coming back because she had already done so. I went to eat pills and commit suicide. "Table 8 shows the conversion of concepts into subcategories and mainstream psychological outcomes of the medium term:

Table8. Transforming concepts into sub-categories and mainstream intermediate-term psychological consequences

row	Concepts	Repetition Number	Sub categories	main category
1	Distrust Emotional deprivation Social isolation Stubborn criteria Emotional and emotional deterrence	12 times	Incompatible Schemes	conscious Fields
2	Non-commitment Non-commitment to the next sexual partner Unmarried sex	10 times	Non -commitment	
3	Self-immolation Suicide Addiction Murder	4 times	Proving yourself	
Long-term consequences				

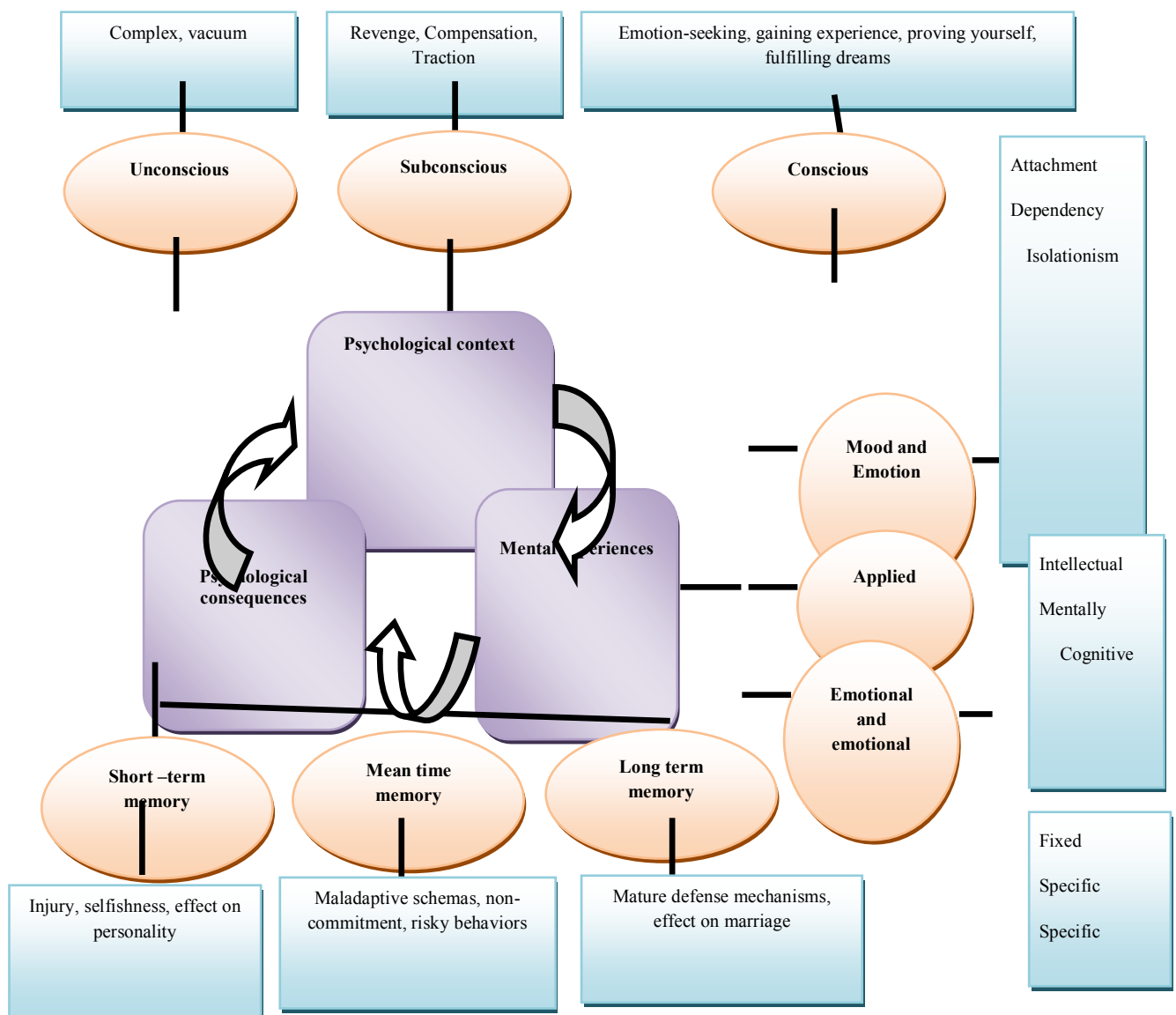
Premarital relationships also have long-term consequences. The unreal love of sex that leads to sex, which leads to failure, is like the "great mourning" that, after many years of struggling and coping with various psychological experiences, ultimately destroys human beings. It leads to a return to life, where time passes to show that sadness and sadness in the past do not hurt and should be considered. It is here that the mature defense mechanisms will come to his aid. The "supernatural" defense mechanism is the most common one in which a person changes his or her unacceptable desires and desires into acceptable and socially acceptable behavior and actions. Analyzes his talents and tries to reinforce them, or sinks into his current job. At this point in time, one likes to share her experiences with other girls on the subject in question, and her so-called "friendliness" flourishes, thus satisfying her inner desire. In another case, he decides to abandon his sexual instincts and eliminate the pleasurable effects of a successful and logical relationship that has not so far used the "austerity" defense mechanism. In other cases, the person deliberately or subconsciously decides to relate to the opposite sex and to relate to it in any way (sexual partner, simple friendship, marriage, etc.) and defends the 'repression' Uses it. Sometimes it does something else by utilizing one's "voiding" defense mechanism to eliminate the effect of their unacceptable work. {Code 4}: "I keep talking to myself and calm myself down and say to myself I must have the ability to be resilient if you do so and forgive me because Unwanted, I was the head of the family, I was holding my sick father, I was holding my little sister. " {Code 9}: "I wanted to go to her place of work and disturb her life like I wanted to take revenge." Some of these consequences are indicative of her married life or the likelihood of it happening in the future. Many girls think that they have found their future partner and spouse when they fall in love with their opposite sex and take the promise of marriage seriously, so they reject their petitioners even in the best of circumstances. ' But they do not know how to get away with the right path that can provide them with the opportunity to build a stable emotional and emotional relationship with the right partner, and they may become unstable relationships, and it may take years. They lose their lives and youths to a son and eventually abandon him or her son and their marriage breaks down or they have unsuccessful and unstable marriages. And when a boyfriend falls in love with a girl, he no longer marries his needs and creates a situation that avoids creating a cordial, lasting, and committed framework, such as marriage. Girls and boys, who marry because of dating in the street or other environments and for the sake of love and friendship between them, sometimes become distrustful and skeptical in their future lives because of themselves. It is said that his wife, who has just become friends with him and has been in touch with him, is it possible that he may have already been friends with another person? Or to have another relationship later? This idea is always annoying for couples and it manifests itself in different ways in relationships and life decisions.

Even if this friendship does not end in marriage, as she has encountered this issue, it is likely that her husband may have had an affair with another person before marriage. Free relationships between boys and girls and breaking the mold of such relationships can lead to a feeling of mistrust and cynicism about the spouse, and this disturbing mentality is formed whether the spouse has ever experienced such a relationship. Has it or not? Or can his wife betray him in life? This distrust and doubt will never leave one. Those who easily become friends and marry easily leave the family without knowing the value and importance of the family. In addition, it is sometimes the case that girls and boys become interested in each other, but for many reasons these relationships do not lead to marriage. By staying in the past and comparing and remembering the past, even after marriage, such people have previous love and affection in their minds and hearts and cannot naturally fulfill their duties as a spouse within the family. This leads to an increased chance of divorce in the future. It may even be the unfortunate consequence of permanent infertility for the girl because of STDs from premarital sex.

{Code 11} "When I think about marriage in the future, I'm afraid I can't get rid of these constant comparisons." {Code 2}: "Memories will never end; they will not be erased or resolved." Table 9 shows the conversion of concepts into subcategories of long-term psychological consequences:

Table9. Transforming concepts into subcategories of long-term psychological consequences

row	Concepts	Repetition Number	Sub categories	main category
1	Kindness Austerity Repression Sublime Cancellation	12 times	Mature defense mechanisms	
2	Missing marriage opportunities Reduce the desire for marriage Pessimism about future wife Unstable relationships Stay in the past Ongoing comparisons Chances of Divorce Permanent infertility	10 times	Affecting Marriage	Long term outcomes

**Figure1.** The results Model of the research

4. Discussion

The researcher selected this study with the aim of examining the psychological experiences and consequences of pre-marriage free relationships from the girls' point of view and sought to find out whether this type of relationship was useful or not, Because in this respect the opinions were contradictory. An obvious example was the tendency of some girls and especially boys to marry white men. But as the research began, newer issues and perspectives emerged that came from the depth of the participants' conversations in the interview. Loneliness, emotional support, and the educational weakness of important others form the key areas for beginning free relationships. She goes on and on about her emotional, emotional, behavioral, emotional, and emotional experiences, eventually leading to unfortunate psychological consequences, including multiple addictions and abusive sexual relationships. In all these stages, there is no reliable sponsor who with his experience and knowledge, sympathetic with mutual understanding to guide this relationship in the right direction, and every time during the interview the researcher wishes that parents were aware of their educational weakness, Before it's too late. Interestingly, psychological contexts, experiences, and outcomes are cycles of intermittent interconnection, so that the consequences of previous relationships may sometimes be areas of new relationships that make these relationships more unpleasant experiences and consequences with her. The issues listed are not stories, but facts that are very much present in society and we only get acquainted with some of them. Many of these sufferers do not share their problems with others because of their shame and shame. If they did, it would be a good lesson for others, especially young people. When these problems are eradicated, they often begin with short looks and words that some may not seem to be sensitive to, but what can be done if these little things are ignored? And continue, they run into a lot of problems. According to the results of the study it is recommended:

1) Healthy living is essential for girls to get the attention and emotional support they need from family and training skills, and we need more counseling before we need to get married. We are the choice. This educational model, which will start in schools, will examine girls' experiences and provide them with the skills to choose a partner and even dating girls with Islamic norms and social norms. 2) Educate our teens and youths by preparing cultural and educational programs and displaying them in the mass media or in the form of educational programs that are also committed to the pre-marital relationship of the opposite sex. This means that one must learn that if he or she wants to befriend someone of the opposite sex, he or she must first have a close emotional relationship with only one person. Secondly, this relationship will continue with the goal of knowing more and marrying under the supervision of families. Learning this behavior (as opposed to a group that does not practice it), while increasing confidence, increases commitment in marital relationships, and, in a proper cycle, increases overall levels of moral commitment in the family and increases family longevity, Will bring along.

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